

Comorbidity of chronic pain, depression, and cardiometabolic diseases: prevalence, health outcomes and patient experience



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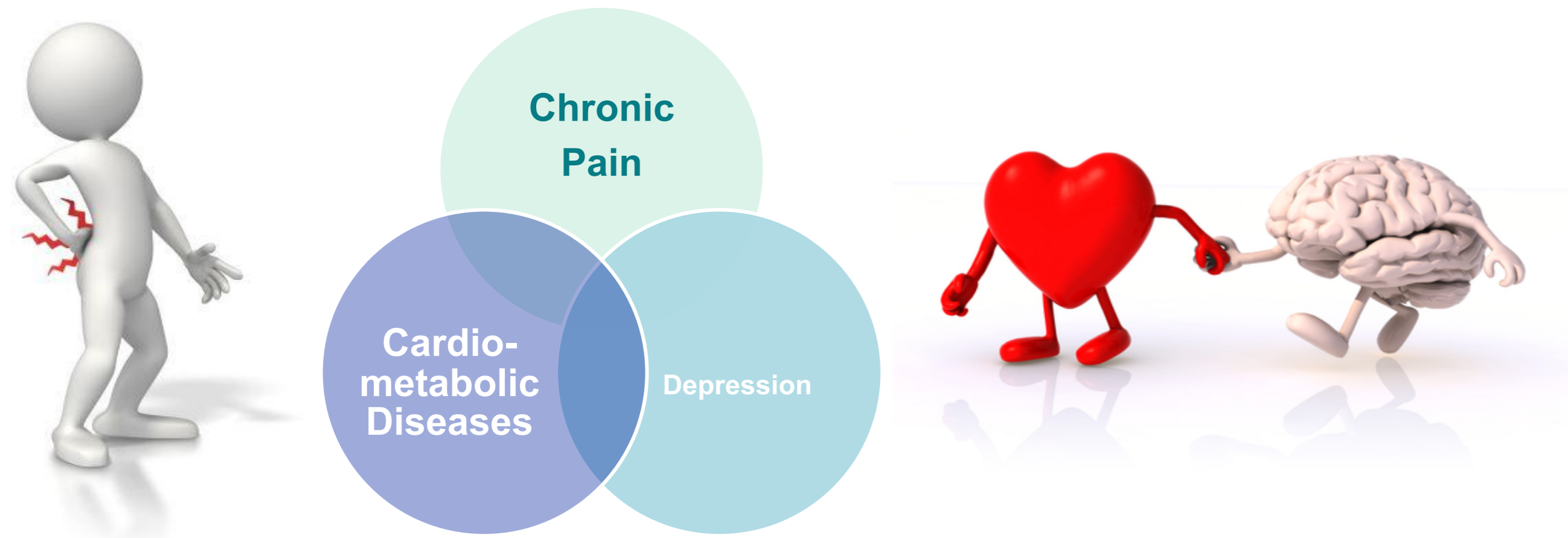
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Background

- **Chronic pain:** affects 20% of UK and EU population
- Commonly co-occurs with **cardiometabolic diseases** and **depression**
- Most guidelines limited to single diseases and neglect comorbidity and polypharmacy and the associated risks
- Evidence gap relating to patients with chronic pain, cardiometabolic diseases and depression

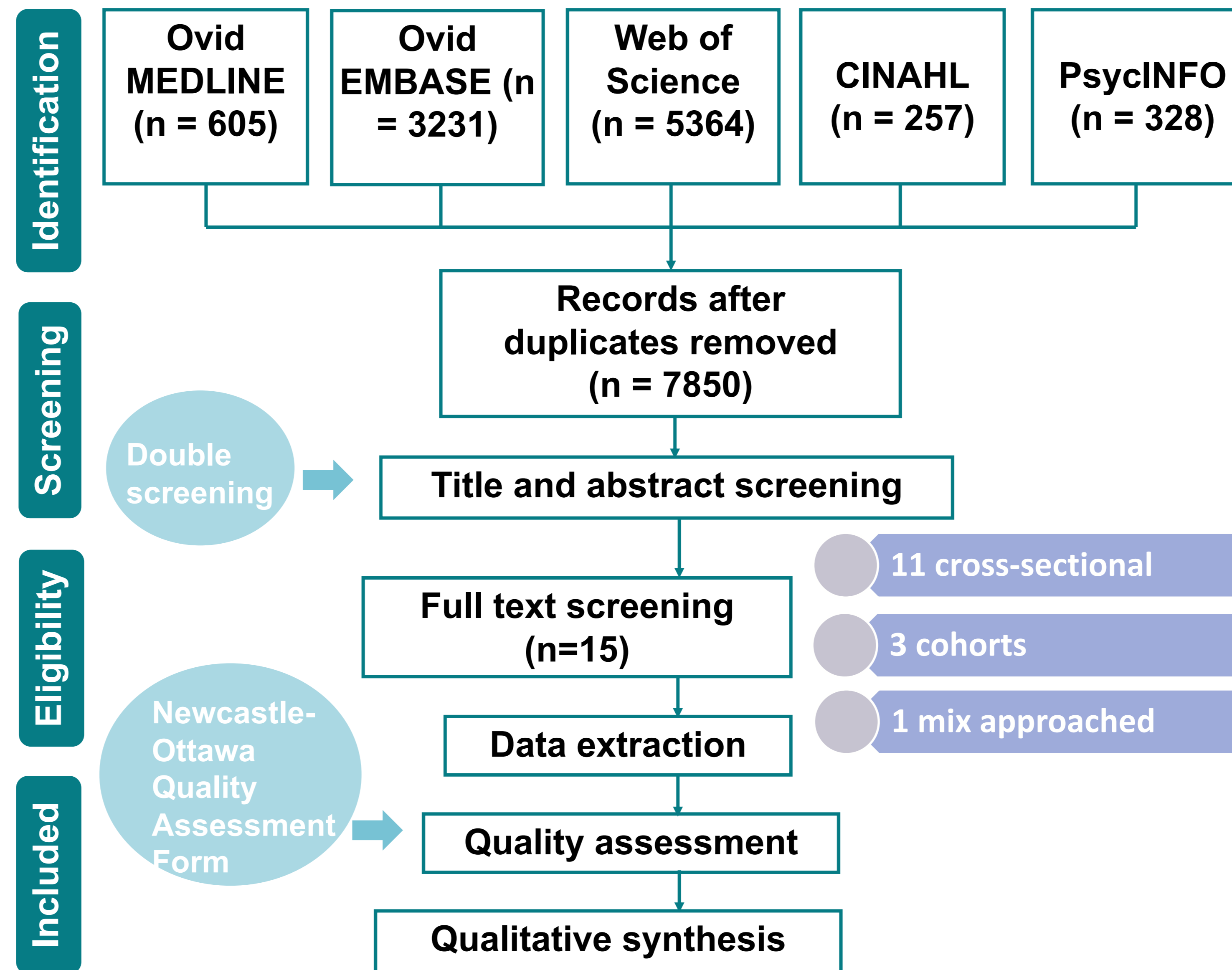


Aims

- To systematically search published literature on the measurement and relationship between **chronic pain, cardiometabolic diseases** and **depression**
- To examine prevalence of this pattern of comorbidity and effect on health outcomes and patient experience
- To examine practitioner perspectives on management and challenges posed by this combination of conditions

Search strategy

The terms and MeSH terms of chronic pain, depression and cardio-metabolic diseases were searched and the three concepts combined



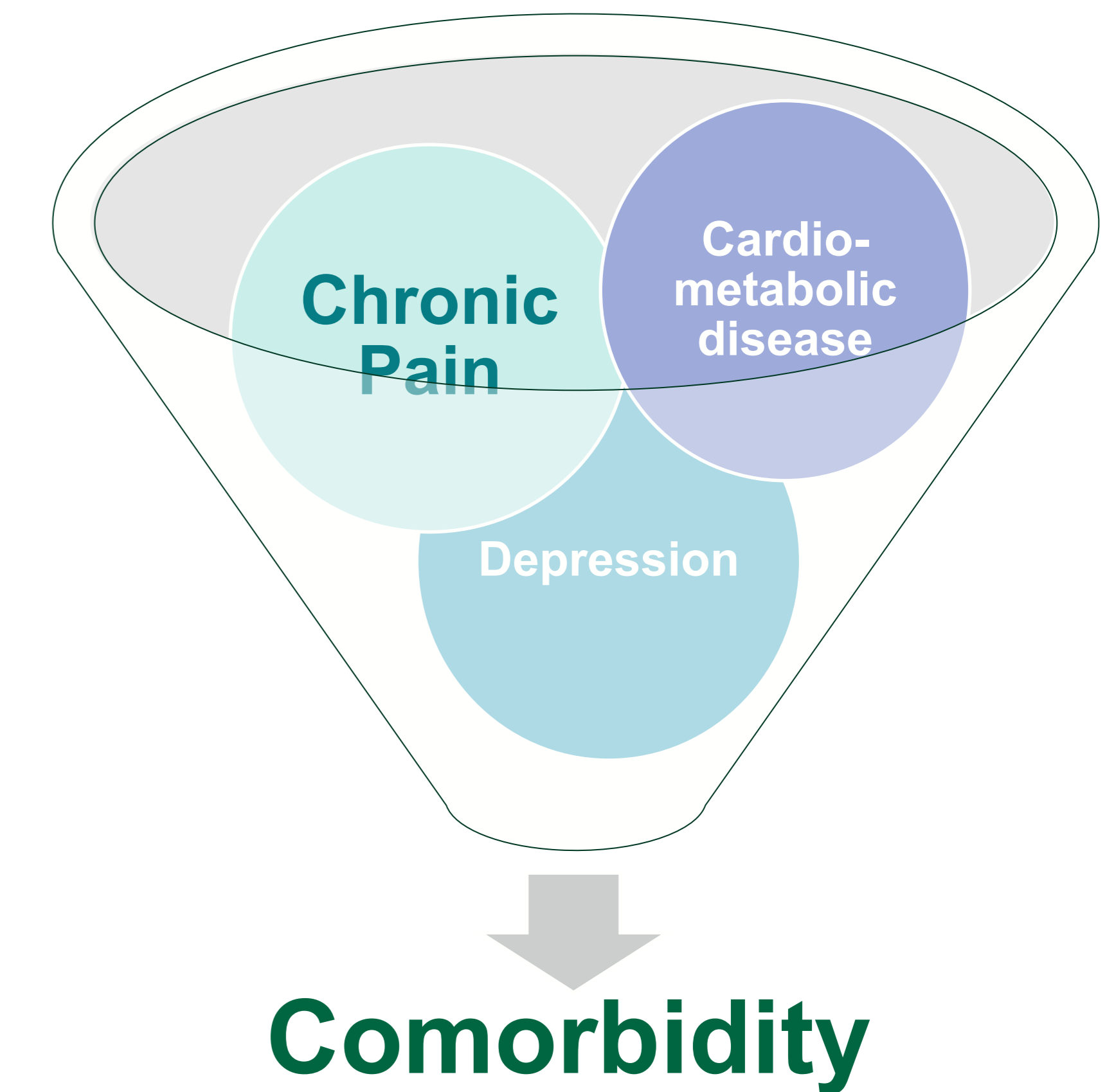
Methods

Inclusion criteria

1. Population: **adults**
2. Study examined the combination of the three conditions with chronic pain defined as **having pain for at least three months**
3. Epidemiological studies & qualitative studies

Exclusion criteria

1. Migraine, headache, cancer pain, chest pain; obesity, overweight
2. Case studies, intervention studies, experiments, trials, animal studies, reviews, editorials.
3. Non-English language studies



Findings

- Chronic pain is poorly defined in the studies
- Lack of data examined the prevalence and health effect of this combination of comorbidity
- Evidence gap relating to demographic and lifestyle factors associated with the comorbidity
- The index condition examined in nine of the fourteen included studies is diabetes
- No qualitative study of patient experience

Next steps

- Epidemiological study of the pattern of cardiometabolic disease, depression and pain reporting in the UK Biobank dataset
- In-depth qualitative study of professional perspectives on the management and burden posed by this combination of conditions